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ISSUE 345

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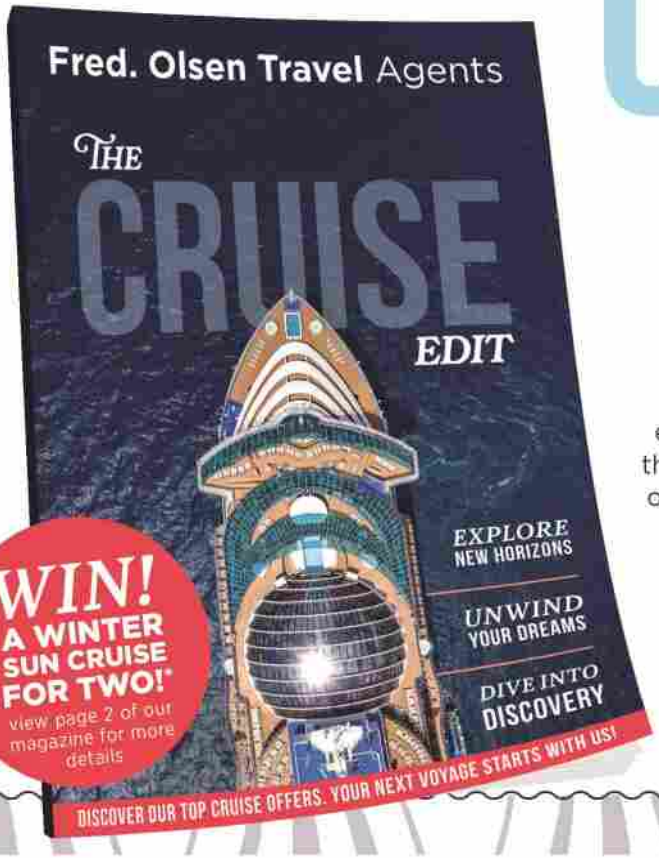

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Cover Artwork by Helen Jones

Welcome to the Ufford PUNCH

From the Editor

Welcome to the October edition of the PUNCH, a month synonymous with the arrival of sweater weather, Halloween and the clocks going back an hour on Sunday October 26th. It will be Christmas soon, too - hence our annual reminder on page 7 to book your greeting card for publication in the festive December edition. It costs £10 per card and all proceeds will go to a local charity (more details in next month's PUNCH).

The front cover is inspired by the hot summer of 2025 which saw the gardeners of Ufford enjoy bumper crops, including a bonanza of fruit, from strawberries and raspberries to apples, pears and even figs. As you read this PUNCH, I shall hopefully be plucking a basketful of quince from our tree. This produce typifies ancient Suffolk with its aromatic bright golden-yellow pome fruit. If Amanda has the time to peel, boil and cook the harvest there will be homemade membrillo for Christmas. You're all invited.

The closing in of autumn is a time when communities tend to look inwards, with less inclination to wander afield, but this can also be a time to look back at what has been. This edition reflects the best of eclectic village life: the Beer Festival, the secret lives of residents who love water sports (not that kind although that could make an interesting feature), bikers who have embraced the White Lion and all the regular clubs and societies.

We also look ahead with excitement - or trepidation - to the Tom Mumford sponsored Scary Suffolk Stories at St Mary's Church Hall on Saturday October 25th and two weeks before, the Bingo and Band Night in the White Lion marquee on Saturday October 11th. This event is sold out with 120 tickets gobbled up. All proceeds to Motor Neurone Disease charities.

The PUNCH also has a rather cheeky page 3 this month featuring the magazine's first ever discreet 'nude' bathing in a Welsh lake. If you know who it is perhaps we should have a talk. The picture has passed our strict censorship rules as enacted by the Committee. All is revealed - but not in that way - on page 16 when our model shares some happy news.

The work to upgrade the railway infrastructure to serve the building of Sizewell C is ramping up and is already having an impact on Ufford. This month the PUNCH looks at what it means to have up to eight trains a night passing the village (page 6). Last month the closure of Melton crossing led to nose-to-tale gridlock in Ufford so it is imperative we make our voices heard. The Parish Council is leading this fight.

One last thing, with the approach of winter, remember to check on your neighbours and friends, whether they be old, young, a couple or alone. You never know what a cheery 'hello' will mean to someone.

Andy Gardner

The November Ufford PUNCH submissions should be sent to submissions@uffordpunch.org.uk by **Friday 17th October**

Have You Heard It on the PUNCHLine?

Get the latest village news first via our digital newsletter '**PUNCHLine**'.
If there is anything you want to broadcast, write your message and send it in Monday - Saturday for circulation to all our subscribers as soon as possible. To subscribe, or broadcast news, email punchline@uffordpunch.org.uk

UFFORD PUNCH NOTICE BOARD

THE UFFORD DIARY DATES ARE ON PAGE 21

The Bingo and Band Charity Evening in the White Lion marquee on Saturday 11th October is now **SOLD OUT**. The event will begin at 6.30pm, with bingo at 7pm. Food will be available from 8.00/8:15pm and the Grace Brothers band will hit the stage at 9:15pm until close.

Chef Finn Boorne will be offering a spicy chilli con carne or vegan bean chilli from the outside kitchen. Priced at £12.50, they are gluten free.

There will be prizes for the bingo and a raffle on the night. The organisers would be grateful for any donated prizes, which can be dropped off at 7 Crownfields, Ufford.

Victor Bellingham

The PUNCH is saddened to learn Victor Bellingham passed away at Ipswich Hospital on Saturday 13th September following a short illness. Vic was a well-known Ufford resident, formerly Treasurer of the PUNCH, the Ufford Gardening Club and the Chair of Deben Probus. Funeral details will be announced later. A full obituary will be in the November PUNCH.

Scary Suffolk Stories

There will be scary monsters and super creeps down at **St Mary's Church Hall** in Ufford when local Suffolk storyteller CB Jackson takes to the stage for a night of pre-Halloween shenanigans on **Saturday 25th October**. Ufford music impresario Tom Mumford is bringing CB to the hall for his Scary Suffolk Stories - based on local events with a macabre twist. There are bound to be plenty of jump-out-of-your-skin moments in the 75-minute show.

Tom told the PUNCH: 'After some great feedback from previous music events at St Mary's and a lot of fun organising them, I wanted to bring something a bit different to our local hall. Suffolk's also got some great folklore and spooky stories - there seemed no better time than Halloween to bring Jackson's event to Ufford.' Tickets cost £10 and can be purchased directly from Tom on 07484 689971, via tommumfordmusic@gmail.com or at www.tickettailor.com/events/spotlightmusic/1707363. Doors open at 7pm and the show is at 7:30pm. There will be an interval and a well-stocked bar.

SAVE THE DATE—Saturday 29th November

Image by Florence Jones

Please come and join us at the Ufford Crown Christmas Fair from 11am to 3pm, Saturday 29th November 2025. Variety of traders including festive food, Christmassy dog treats, local crafts, willow weaving and more! Winter warming snack menu available all day as well as hot chocolates and mulled wine. All proceeds to Nick Apperley's MND charities.

We would love as many bottles for the Tombola as possible to help raise funds for this important cause. If anyone would like to donate a bottle of anything, please drop to the Ufford Crown by Friday 28th November. Thanks very much in advance for your kindness.

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Ufford Parish Council News

Melton and Ufford Rail Crossings Closed in October - Update

Please be aware that in late October, **BOTH** the Ufford and Melton level crossings are going to be closed at the same time. The dates now confirmed with Network Rail and their contractors are :

Ufford Crossing – Friday 24th October to Monday 3rd November

Melton Crossing – Friday 24th October to Tuesday 28th October

These will be full 24/7 closures and so all traffic on the Deben Peninsula and from villages such as Bromeswell, Eyke, Rendlesham and Tunstall, will be required to divert via Campsea Ashe and the A12, to reach Woodbridge and beyond, for the week-end of 24th October and into the following week.

The Ufford crossing will be closed for nine days across two weekends as the work on the bridge strengthening is a longer and more complicated task. The contractor, BAM, are working to provide some limited access for farm vehicles during the works. We expect further weekend and nighttime closures at the Ufford crossings in November and December.

We are informed that there will be access for emergency vehicles, and running boards will need to be laid down (Network Rail staff will be on hand).

Please spread the word as this will cause disruption to many people. Network Rail have established a Helpline for queries, updates and feedback - the telephone number is 0345 711 4141

A Parish Council Grant

Just a reminder – if your organisation or group would like a grant from the Parish Council, please get in touch by 31st October. Grants are payable in April 2026. Please email the Parish Clerk (see below). A form will be sent to you. A latest set of accounts is required to accompany all applications and the Parish Council reserves the right to refuse or reduce any requests. We look forward to hearing from past applicants and any new groups alike.

External Audit – We passed!

We are very pleased to report that, *once again*, our Annual Accounts have passed the Limited Assurance Review carried out by PKF Littlejohn LLP, with no comment or recommendations. Our accounts, down to the penny, can be viewed on the Parish Website at https://ufford.suffolk.cloud/parish-council/accounts/ and if you would like to see the actual invoices, remittance advices and bank statements, you only need to ask and we will happily set up a convenient time for you to view them.

UFFORD CHARITIES

Charity Commission Reference Number 207617

The Trustees of the Ufford Charities are seeking a new resident to fill a vacancy at the Alms-Houses in Church Lane, Ufford

Do you meet the criteria?: -

- Are you 60 years of age, or older?
- Do you, or have you, previously lived in Ufford?
- Have you resided in Ufford for more than 2 years?
- Do you have a low income, receive benefits and very limited savings?

Photo by Judi Hallett

The application process is open to couples, single people, and those who have dependents living with them.

Those with disabilities will be considered (restrictions apply).

You would be expected to make a monthly maintenance contribution equivalent to 'social housing rent'.

If you believe you qualify, or would like to discuss your circumstances, please contact:

email: ufford.charities@gmail.com
or write: Mrs Jennifer Whitmarsh, Clerk to the Ufford Charities
Yew Cottage, Lower Street, Ufford, Suffolk IP13 6DW
Telephone: 07747 038323

All applications will be dealt with in strictest confidence. You must be able to verify your application information as accurate.

APPLY BY 29TH OCTOBER 2025

Sizewell C Trains Will Take Six and a Half Minutes to Pass Through the Village

Insomniacs who have a Spotify account can access a recording of trains rumbling in the distance to help them sleep. Apparently, the rhythm of the freight containers on the tracks and the mellow drone of the driver's horn can help you drift off into a deep sleep. In Ufford, of course, residents have found that reading back copies of the PUNCH has a remarkably similar effect, and so the need for Spotify is limited. [*Ed Note: You're fired*].

I was thinking of this in early September when the train crossing in Ufford was closed for several nights in succession to complete upgrade works associated with Sizewell C. I know it's our own small part of the government's environment policy (best described as 'Save the natural environment by covering East Suffolk in concrete, power stations, roadworks and solar panels'), but beyond that I have to admit I wasn't fully clear what would happen once the train line had been upgraded.

But after a bit of investigating, I can confirm that its more bad news for Spotify, whose playlist won't be needed, and for those in Ufford who prefer silence at night to train noises.

When the track is operational, it will carry four trains per night going to and returning from Sizewell. On each trip the trains will be 750 metres long, pulled by Class 66 diesel-electric freight locomotives, carry the equivalent of 46 lorries and travel at 10mph. It will take one train 2 minutes 48 seconds to pass a single Ufford home - or 6 minutes 32 seconds to pass through Ufford.

Photo courtesy of mainline diesels.net
British Rail Class 66 Diesel-Electric Locomotive

This will start in the late spring of 2026 and continue until 2037. While trundling through the village it is hoped trains won't stop, idle and re-start, which increases noise and diesel fumes. It is not yet clear if the footpath crossing to Bromeswell will be temporarily or permanently closed.

On the upside, each train does remove 46 lorries from the roads, so that is a plus, especially as the road upgrades to Sizewell seem rather piecemeal and inconsequential for the weight of traffic expected (a new single track by-pass with roundabouts at Stratford St Andrew and Farnham, some dualling in Woodbridge). Maybe this was an opportunity for the northern by-pass to finally get built, or for electrification of the train line to reduce noise and improve passenger services, but there are many objections to the former and no money for the latter. Instead, I fear we will get 10 to 12 years of disruption and not much to show for it.

Trevor the Trainspotter

Punch Christmas Cards 2025

Like the Chameleon says, it's time to submit your words and picture for inclusion in the December PUNCH. Places are limited!

Try to make your image as SQUARE as possible

The Molecatcher Triumphs Again

He is the sworn enemy of the moles of Ufford and he is known as Peter the Molecatcher.

Peter Airey, 77, of Spring Lane, has an unlikely second career as an amateur hunter of the garden pest. The former welder and fabricator has spent the last five years helping out the gardeners of Ufford. And he does it as a community service ... and maybe a bottle of Famous Grouse whisky.

Peter said: 'We had moles in our garden and I got rid of them myself. My wife is a cleaner and told a client about this. They had moles and asked me to help them out. It's sort of snowballed from there.'

Peter came to the rescue of long-term resident John Skinner, of Ufford Place, and word soon got around. He has caught up to fifteen moles over the years using spring traps inserted into the tunnels. They work like mouse traps and catch the small mammals.

His latest case saw him on a month-long hunt for a mole causing carnage in the garden of Sheila and Edward Creswick, in School Lane. The critter had the couple pulling out their hair by causing up to three hills per day in their manicured lawn. Sheila said: 'Peter said the garden reminded him of the battlefields of The Somme.' Peter finally got his mole on Saturday 13th September.

The Molecatcher was last seen walking off into the sunset with his bottle of Famous Grouse.

Andy Gardner

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Please join us for a festive meal with friends, family or colleagues in the month of December

Ufford Crown Christmas Party Menu 2025

Available from 26th November to the 28th December 2025. PREBOOKING ONLY.

To Start

White bean & onion soup, garlic croutons [Ve]

Crown platter
olives, lemon & garlic hummus, cream cheese & chive dip, pitta, focaccia [Ve*]

Chicken liver & brandy parfait, spiced plum chutney, granary toast

Crispy brie, cranberry jam, truffled ham salt [V]

Smoked salmon rillettes, pickled fennel, leaves, granary toast, lemon

Spare ribs & wings, Chinese sesame glaze, spring onions

To Follow

Norfolk turkey, chestnut stuffing, pigs in a blanket, roast potatoes, buttered vegetables, homemade cranberry sauce [NUTS*]

Vegetarian nut roast, roast tomato, roast potatoes, vegetables, homemade cranberry sauce [Ve][NUTS]

Slow roasted Dingley Dell pork belly, mash, seasonal vegetables, Bramley apple sauce

Spiced aubergine, spinach & chickpea tagine, pitta, mint yoghurt, salad, pickled red onion [Ve]

Seared sea bream, champagne cream linguine, spinach, herbs, pea shoots

Thai red tiger prawn coconut curry, basmati rice, green papaya salad [SF][SPICY]

Local sirloin steak, skin on fries, salad, confit tomato, caramelised garlic butter sauce
£7.5 supplement

To Finish

Sue Allen's Christmas pudding, brandy cream [V]

Spiced toffee apple cake, clotted cream ice cream

Warm chocolate brownie, vanilla ice cream, raspberry coulis [V][Ve*]

Tropical fruit salad, mango sorbet, toasted almonds [V][Ve*][NUTS*]

Madagascan vanilla cheesecake, winter berry compote, hazelnut praline [NUTS*]

Affogatto – Vanilla ice cream, biscotti biscuit, espresso [V][Ve*][NUTS*]

Selection of cheeses, oatcake, crackers, apple, chutney [V]
Cashel Blue, West Country Brie & Cornish Yarg
£3 supplement

Christmas crackers included. **Service not included.** **Two courses £34** **Three courses £44**

This menu is subject to change. Please let us know of any allergies or dietary requirements when pre-ordering. Please let us know how you would like the steak cooked when pre-ordering.

[Ve] Vegan [V] Vegetarian [NUTS] Contains Nuts [NUTS*] Nut Free Option Available [V*] Vegetarian option available [Ve*] Vegan option available

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Another Holiday (Mis)Adventure with the Murrays

It seems Julie and Lee Murray can't go on holiday without making the rest of us feel a whole lot better about our own travel mishaps. Readers may remember that their 25th wedding anniversary celebration (July 2025) turned into something of a solo retreat for Julie when Lee reached the boarding gate only to be told that his passport was out of date. Julie flew off into the sunset (literally), while Lee stayed at home with the dog and a red face.

This time, determined to avoid any passport dramas, they opted for something more 'fail-safe': a week in beautiful Cornwall. No passports required, no boarding gates, no chance of disaster … or so they thought.

The week itself was blissful. Stunning beaches, quaint towns, pasties, cream teas, and their trusty motorhome parked up at a charming campsite near St Ives. Picture-postcard perfect. Then came the journey home.

What should have been a straightforward drive turned into a 30-hour odyssey, beginning with five-and-a-half hours stranded on the hard shoulder of the M5 just past Junction 17 on the Cribbs Causeway, north of Bristol — on one of the busiest travel weekends of the year.

With lorries thundering past and the motorhome shaking, their sausage dog Lola clung on for dear life and refused to sit on the floor. As if that wasn't enough, the heavens opened and torrential rain joined the party.

Phone batteries were dwindling, and the AA helpline kept them waiting with 'only 45 calls ahead of you.' After four hours, they discovered the AA had accidentally cancelled their rescue job entirely. Apparently, the motorhome wasn't the only one having a breakdown.

Spirits remained not too dampened despite the rain, cold and dark. Eventually, the AA dispatched a knight in yellow armour from South Wales, who whisked them to a Travelodge in a retail park off the M32 for the night.

The following morning brought more excitement: the motorhome was taken to an MOD site because blasting its blocked filter might produce so much smoke it risked being mistaken for enemy fire. Three hours later, the filter cleared, the Murrays were finally back on the road.

Thirty hours door-to-door, they arrived home in Ufford — somewhat bedraggled, slightly traumatised, but with another tale for the village newsletter. As Julie puts it: 'Another holiday adventure with the Murrays.' And with their track record, we can't wait to see what happens on their next one.

Words and photos by Julie Murray

Catch the Stage Adaptation of *Akenfield* in October

The new theatre production of the cult Suffolk classic *Akenfield* featuring our own Helen Shand continues its run throughout October at a number of local venues.

The stage adaptation of Ronald Blythe's book about rural life in Suffolk can be seen at the **Sir John Mills Theatre**, East Angles Centre, Ipswich, on the 2nd and 3rd October, at 7.30pm. It then moves onto **The Food Museum**, Stowmarket, Suffolk, on the 5th October, starting at 7.30pm, before two performances at **Leiston Cinema** on Saturday October 11th, at 2.30pm and 7.30pm.

Helen Shand in rehearsal Photo by SHAKE

Made into a film in 1974, starring Garrow Shand, it was transformed into a play by Suffolk performing arts company SHAKE Festival, which is run by creative director Jenny Hall, daughter of the film's director Peter Hall. She told the PUNCH: 'I've had incredible luck finding a superb cast of local people, including Helen Shand, to perform this new play with true Suffolk voices. I hope our play will resonate with old time Suffolk people, and that newcomers might learn something about Suffolk people and what they have endured, in this beautiful place.'

Andy Gardner

What To Do with That

Ufford had three heatwaves this summer - and enough rain - for a bumper harvest of crops, including traditional fruit favourites. We asked a trio of local gardeners to write about what they do with their splurge of figs, quince and blackberries. And for each to share a recipe for the Great Ufford Cook Book.

Cressida Pyle and Andrew Pilkington moved into Gildenhurst, on Lower Road, Ufford in March this year. They inherited a fig tree from long-term owner Jakes Davies. Cressida writes:

'When we first looked at Gildenhurst, in Lower Road, one of the things that drew us to it was the beautiful garden with a fig tree at its centre. After a bit of a prune, the tree began producing little green figs, and we were excited about our inaugural crop. However, nothing could have prepared us for the sheer volume of fruit this year and it's a daily battle to get to them before the hornets and wasps. Still, as first time fig tree owners, we're delighted to have our first fig glut and are enjoying getting creative with the recipes.

Figs Baked in Honey, Lemon & Cinnamon - Serves 3

Ingredients

- 6 figs
- 25g butter
- 2 tbsp clear honey
- 1 tbsp lemon juice
- 2 good pinches ground cinnamon
- Thick Greek yoghurt and granola (optional for breakfast), to serve

Method

Prep: 5 minutes
Cooking: 15 minutes
Step 1 — Preheat oven to 190°C/Gas 5. Cut a cross in the figs, about ⅔ of the way through, keeping the base intact. Grease a small baking dish or oven-proof pan with a little of the butter. Lay the figs in the pan. Try to keep them as upright as you can.
Step 2
Pop the rest of the butter in a separate small saucepan, with the honey, lemon juice and cinnamon. Heat gently to warm the honey and melt the butter, then pour it over the figs
Step 3
Bake for about 10-15 minutes, until the figs have just softened. Serve drizzled with the cooking syrup, with a good dollop of thick yoghurt and if using, sprinkled with granola.

'Our neighbours Jenny and Sean told us (via Jakes, who used to live here) that the reason the trees do so well is because their roots are enclosed in brick drains that once served the old septic tank. Apparently, fig trees like their roots restricted. Coupled with the warm weather this year, it has provided ideal growing conditions, and we're looking forward to joining the other Ufford residents who are sharing their fruit crops in honesty boxes around the village.'

Amanda Baker, of Lower Street, bought more than a cottage in 2022. She got a mature quince tree as well. It's been quite the journey. Amanada writes:

'October is the month of the quince. When other fruits are done being plucked, potted and put into pies the quince is ripening, but only if you are lucky and the weather has been kind. The last two damp and dreary summers left our tree blighted with black fungus and virtually barren. This summer though, warm, and warm early, sees us set for a bumper crop. But what to do with them? Until we moved to Ufford three years ago, I had never seen a quince, let alone cooked one, but at the end of that hot summer of 2022 things changed. I made batch after batch of quince jelly and the firmer set Spanish membrillo, to go with cheese. I made pie fillings and added it to red cabbage. I gave some to neighbours to sit in fruit-bowls, not to be eaten (you can't eat a raw quince), but to fragrance the room with their perfume. I even put some on my dashboard - I'd heard this was a Middle-Eastern practice - and certainly beats a pine tree shaped air-freshener that only makes the car smell like a clean toilet. Best of all, to nobody's surprise is quince gin, and this is how you make it.'

Quince Gin

For every litre of gin (don't just stop at one) you will need 500g of quince and 180-200g sugar. Wash the quince to remove its downy coat but no need to peel. Quarter and remove the cores. Pack into large sterilised jars and add the sugar followed by the gin. Seal and leave for 4 to 6 weeks, turning every now and then. Decant into sterilised bottles. Serve with tonic or better yet, champagne.

t Bonanza of Summer Fruit

Nick Morrell, of Barrack Lane, won gold for a jar of jam at the Village Summer Show in June. He spills some secrets:

'I am a born-again jam maker, with all the enthusiasm that comes with being new to something and knowing very little. We have blackcurrant bushes that provide more fruit than I can pick. I try to pick each currant individually and remove the stalks, which is the laborious bit of the whole process. If you want smooth jam just remove the stalks, but I like whole blackcurrants in my jam.

'Put the blackcurrants in a large saucepan (preferably a jam pan) and add some water, bring to the boil and then simmer for 5-10 mins. I tend to press and stir with a wooden spoon to make sure the currants are broken up. Weigh the resulting mush and add 400g sugar to every 500g of pulp. Put everything back in the jam pan and add some lemon juice and boil like crazy.

'Buy a jam thermometer and boil until the mush reaches precisely 105°C. And I mean precisely. Just to make sure it is at the setting temperature I put a saucer in the freezer before I start doing anything else.

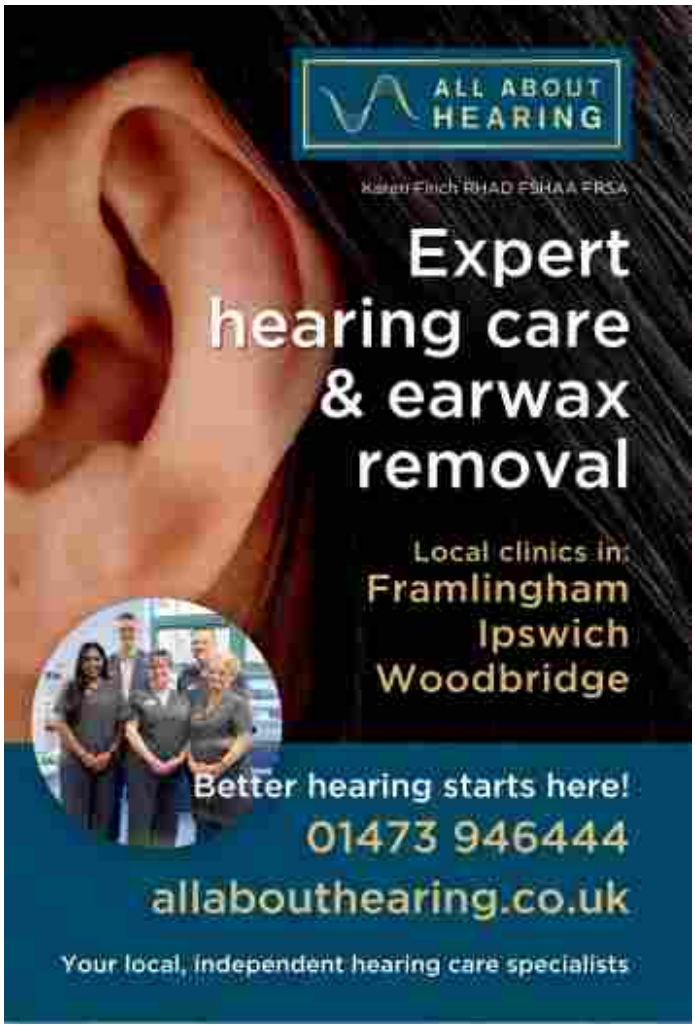
'Take the pulp off the heat once at 105°and put a drop of blackcurrant juice onto the cold plate. Wait for 30 seconds or so and then give it a little push around with the tip of a teaspoon. Does it wrinkle? If so, you are home and dry.

'Ladle the pulp into a jug and pour into your jam jars (that you sterilised in the oven earlier). Cover the jam with a wax disc and then put the lid on the jar. Leave to cool and a few hours later hold the jar on its side to bask in the warm glow of a properly set jam, tangy and delicious on fresh sourdough.

Blackcurrent Jam

- 600g blackcurrants stripped of the stalks
- About 400g of white granulated sugar
- Juice of half a lemon

Makes 2-3 jars, or just double everything for more



A Successful Melton Old Church Annual Morning Market

Coffee and biscuits on a sunny morning

It's hugely satisfying when a plan comes together and that was the case when the sun shone and a crowd of over a hundred came out to support the annual Morning Market on behalf of Melton Old Church on Saturday 6th September. The event made a fantastic £884, consisting of £108 in entrance fees, which included a cup of tea or coffee and a biscuit, £361 in raffle tickets, £241 on cakes and £144 for vegetables, much donated by local farmer James Foskett.

Plaudits go to the Committee and Friends of the Church, including a working party who cleaned the interior of the building, set up tables and put up gazebos on the day.

Harvest for the People at the fruit and veg stall

And not forgetting Ollie and Chrissie Barkes, who mowed the lawn after a drenching of rain and a dose of sunshine had sent it into a growing frenzy.

Wendy Colles said: 'The Old Church Committee appreciates the help and support of Friends throughout the year. The next event is the All Souls' Day Service on the 2nd of November followed by the Carol Concert with the Hollesley Singers on 6th December.'

Andy Gardner

UAHG Discovers Braintree's Surprising Royal Connection

The Ufford Art History Group recently visited the Warner & Sons Archives in Braintree and after a trying start, with many of us delayed as we 'weaved' our way around the town searching for parking spaces, we eventually arrived at the Braintree town museum which also serves to showcase the history of the company.

In 1839 Benjamin Warner, a descendant from a long line of silk dyers and weavers in Spitalfields London, inherited the family business when he was aged just 11 years. In 1885 he purchased rival firm Norris & Co of Braintree and moved his silk weaving operation there. Joined by his two sons, the company employed over 200 people and by 1892 had become one of the most respected silk manufacturers in the UK and were awarded the prestigious Royal Warrant in 1932.

We then visited the Archive Centre which houses an extensive collection of original designs and fabrics. We viewed swatches of silks woven for the wedding dress of Princess Mary on the occasion of her marriage to the future King George V in 1893, and swatches of silks woven for the Coronation Robes for Edward VII, George V, & George VI. Warner & Sons textiles also featured heavily at the coronation of Queen Elizabeth II. The design 'Queensway' was created especially for the occasion and was used throughout Westminster Abbey decorating the aisles, with silk damask being woven for the Throne and Chair of Estate.

Warner & Sons wove the coronation robes for Elizabeth II (Photo: Cecil Beaton, courtesy of Wikipedia)

The most sumptuous textile we viewed was the 'Cloth of Gold' - a cloth woven of yellow silk mixed with silver and gold threads. The full-length sleeved coat weighs around two kilograms and was first worn by Edward VII for his coronation in 1902 and was last worn by King Charles III in 2023. Today Warner's wall coverings and upholstery can still be seen in Buckingham Palace, Windsor, Clarence House and other royal residences.

After our tour we made our way to a local hostelry where we enjoyed a delicious lunch and also relived our morning's parking adventures.

Alex Bennett

Theft Scare After Memorial Bench to Dennis Cope Unveiled.

A bench in memory of long-term resident Dennis Cope has been unveiled in the village - but very nearly didn't make a day on show. The beautiful teak bench has been funded by Dennis' family and inscribed: '**In Memory of Dennis Cope The Mill House 12.4.33 - 25.2.25**'

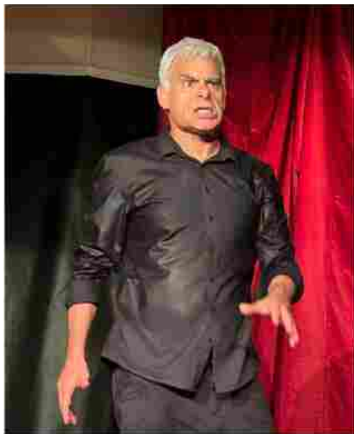
It was placed on the corner of Loudham Lane and East Lane for the benefit of all on Monday 1st September.

However, later that day it was noticed that the metal pins securing it to the mud had been removed. Linda Cope, Dennis' widow said: 'It was feared that someone had removed them ready to steal the bench.' Local builder Paul Rust hurriedly set the pins in concrete to ensure it stays put for everyone to enjoy. Linda said: 'Dennis was a great walker and the bench is there for villagers and walkers alike.'

Dennis, of The Mill House, East Lane, died peacefully in London, aged 91. He was the beloved husband of Linda and much-loved father of Anthony, Sarah, Laura and Alex.

Text and photos by Andy Gardner

Hamlet Says Thank You to Ufford



Mark Lockyer as Hamlet

Regeneration Theatre, which brought *The Play's the Thing: A One Person Hamlet*, starring Mark Lockyer, to St Mary's Church Hall, Ufford, on Saturday June 28th, have thanked the village for raising £1,075.13 for the National Youth Arts Trust.

The performance by Mark on the hottest night of the year will go down in Ufford folklore. If you were there, you'll remember the director Fiona Laird explaining how the money raised would be put to good use, taking the Bard to locations and audiences that might not get the opportunity to experience Shakespeare.

The show's producer Emma Dolman told the PUNCH: 'Thank you very much indeed for this injection of funds. I can assure you the money will be put to very good use. We have already delivered two programmes of workshops in prisons.'

The first workshop was at HMP Erlestoke, in Wiltshire as part of the Penned Up Festival, which takes literature and theatre to prisons over a two-week period. Then in July, Regeneration delivered two workshops a week for a month in HMP Wayland, Norfolk, culminating in a combined performance to invited peers of excerpts from *Hamlet* by Mark Lockyer, along with work from inmates and staff.

The impact of these events cannot be underestimated. Emma wrote: 'The feedback from prisoner participants was inspirational.'

One said: 'This makes me realise that you can do anything you put your mind to. You just have to focus on the good and set aside the bad. There is always hope.'

A second commented: 'I was transfixed with Mark's performance. Once he started, I could not take my eyes off him.'

Thank you, Ufford, for your support. It makes a difference.

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White Lion Beer Festival Serves Up S

The annual White Lion Beer Festival ticked all of the boxes with a blend of old, new and blue (sky) over the August Bank Holiday. The four-day event drew both villagers and drinkers from afar who had read about the pub in the *East Anglian Daily Times.*

The fresh blood saw music legends The Biscuit Brothers and Shuck get revellers dancing on F August. They also helped quaff ing an astonishing 877 pints of c

Chef Finn Boorne and his team t fries. And, the family day literal six-year-old dilly cart driver ran

The White Lion sold:

- 352 keg line pints
- 877 cask ale pints
- 50 pizzas
- 170 burgers
- 74 chilli loaded fries
- 59 pulled pork baps
- 18 crayfish cocktails
- 40 portions of fries

Pub landlord Andy Jarrett said Mauldons' Suffolk Pride, Green Jack Summer Dream and Earl Soham Victoria were the quickest-selling beers, with more than 70 pints of each being drawn in the first two days.

Some of the twenty cask beers on offer, from Norfolk, Suffolk and Essex

Andy Gardner
Family Day f

Claire Harries and the band rock the marquee

Ufford's homegrown favourite band made its first appearance in the village since it changed its name from May Contain Nuts to Shuck. Apart from that, nothing has changed. They are still rocking the room.

SHUCK SET LIST

Chaise Longue (Wet Leg)
Chain Gang (Pretenders)
Love Machine (Girls Aloud)
Connection (Elastica)
Stuck in my Car (The Go-Go's)
Jealousy Jealousy (Olivia Rodrigo)
Vicious (Lou Reed)
Starter for 10 (Shuck)
Can't Stand Losing (Police)
Bad Guy (Billie Eilish)
Little Red Wagon (Miranda Lambert)
Flat White (Shuck)
Rebel Rebel (Bowie)
One Way or Another (Blondie)
Vertigo (U2)
It Isn't Me It's You (Shuck)
As It Was (Harry Styles)
Don't Stop (F Mac)
Body Clock (Shuck)
Last Nite (Strokes)
Bad Idea Right (Olivia Rodrigo)
Bodyguard (Beyoncé)
Park Life (Blur)
Are You Gonna Be My Girl (Jet)
Love Shack (B-52's)
For What It's Worth (Buffalo Springfield)
Kids in America (Kim Wilde)
Encore: 20th Century Boy (T-rex)

Lead guitarist Stefan Atkinson of School Lane, shared the eclectic set list with the PUNCH - and it illustrates how the five-piece group have something to please everyone.

After a packed-out show, Stefan told the PUNCH: 'A great night - a blend of young and old on the dancefloor, beer flowing and a free-spirited smoke gun providing moody vibes and dangerous drumming conditions.' He added: 'Best night we've had in a long time - we even managed to sneak in a few of our own tunes without ruining the atmosphere! It's always great fun to play in Ufford - it helps convince my family and friends I really have been rehearsing at weekends - not just down the pub.'

The band line up is: Claire Harries (lead vocals), Stefan Atkinson (guitar and vocals), Iain (Prof) Rogers (bass), Ewan 'The Stick' Stickley (guitar) and Matthew 'Thunder Rod' Winn (drums and vocals).

The only thing missing was a Coldplay-style Kiss Cam for the marquee. Or, perhaps not.

Andy Gardner

The Biscuit Brothers in full swing

The Biscuit Brothers are like a good hobnob - they go with everything.

The four-piece from Wood-bridge turned up - fashionably late - and blew the socks off the White Lion crowd.

Swigging from a bottle of Jamesons' whisky, lead singer Kevin Bolton led the Friday night party.

Their Instagram account promises: 'Stompin, Thumpin, Drinking, Beltin, Smokin, Blues!' And they delivered, covering everyone from Muddy Waters to The Clash.

Bravo and here's to the next night with our favourite Biscuits.

Andy Gardner

Crash, B

I now know how Le lap of a Formula Or head-to-head with 62-year-old villager

Whoopsie-daisy, And

Unfortunately, pho the spectacular cras

Otto - pushed by hi back. Even worse, hear the end of tha was second. Me, a Otto. No more mis

Front to back: Archie Br
Billy Whitmore, Ollie Dark

un, Fun and Spills for Young and Old

Friday 22nd and Saturday 23rd
huge amounts of beer, includ-
cask ale, such as Suffolk Pride.
fed all with pizzas, burgers and
ly went with a bang when one
a villager into a wall.

A more sedate Monday saw vintage and classic cars grace the pub grounds.

Led by Andy Jarrett - Stephen Thurlow was absent - it was rather surprisingly well organised. The boy really can do it.

The PUNCH sent its reporters to get the stories - and pictures - that matter.

and Andy Jarrett welcome
founder, Malcolm Sneath

A Dilly Cart starting grid

ang, Wallop — Otto Revs up the Dilly Carts

wis Hamilton feels when he has victory snatched away on the last
e race. It happened to me in a tense dilly cart race that saw me go
a ruthless six-year-old boy. Otto D'Sousa was never going to let a
take the glory on the Sunday family day.

y

The last cart race of the day down the hill in Lower Street pitted Otto against me and pub landlord Andy Jarrett. A staggered start saw Otto and Andy take a sizeable lead although my super fast cart was poised to attack. I maneuvered to overtake but at the vital moment Otto turned sharply across the face of my cart. Left with nowhere to go I slammed into the wall of David Findley's house. Don't tell him.
tographer Kevin Young was there to catch
sh.

s dad - calmly continued. Didn't even look
Andy Jarrett coasted home. Never going to
t one. Otto - beaming from ear-to-ear -
lowly third. Just you wait until next year
ter nice guy.

Andy Gardner

Otto D'Sousa wins Second Place

Dwyle Flonking
Daft Name, Daft Game

Difficult photo by Jane Cochrane

There's good reason why Dwyle Flonking has never become a major sport. Society does not adequately value the skill involved in playing ring-a-roses while dodging a beer-soaked rag thrown from a stick. Drinking warm beer out of a bucket isn't a recognised Olympic level event, it's a terrible spectator sport and almost impossible to photograph, the rules are arbitrary (at least under Andy's stewardship) and the scoring was obscure. Despite this, a good time seemed to be had by a sizeable number of people. One team won, I couldn't tell which. The other team probably lost.

Kevin Young

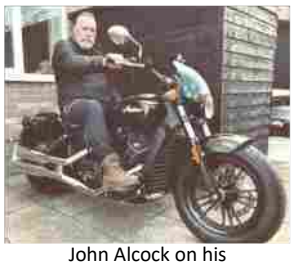
igginshaw,
, Tom Shaw

MG TD Midget early 1950's

Stuart Moser's Bullnose Morris 1925/26

Staff relaxing with a bonfire and a pint on Sunday evening following a day's hard work

Bye Bye Bikers, We'll See You in 2026



John Alcock on his US-made Indian Scout 60

The Wednesday Bikers monthly meet-up at the White Lion pub has been a roaring success and despite the last large-scale get-together for 2025 being on October 15th, it will be back again next year. Pub landlord Andy Jarrett praised the hordes of leather-clad enthusiasts who came from across Suffolk, Norfolk and wider afield to share an ale or soft drink during our long, hot summer.

The bikers filled the pub field with modern and classic machines, including Harley Davidsons, Triumphs and even tiny Hondas and brought a whiff of glamour as well as much appreciated cash to the rural economy.

John Alcock, 57, who helped organise the event said the idea came from a club member who visited the pub. The first Wednesday event took place in July. The former police officer for Suffolk Constabulary said: 'The White Lion has a fantastic landlord, good grub and great beer. What more do you want?'

The 12-strong core local group - known as Maverick Riders - based in Woodbridge, started to encourage

men who love bikes to come together and talk. John said: 'We know men don't talk so this group is about much more than riding bikes.' The large-scale meet-ups are advertised on Facebook under Maverick Bike Life. Many bikers put their rides in storage for the winter, but John says his members will continue to use the White Lion once a month. 'Use it or lose it,' he added.

Andy Jarrett said: 'The bikers have been brilliant and have shown the utmost respect to the village.'

The Wednesday Bikers expect to have their first big meet in March next year. Details in a future edition of the PUNCH.

If *The Times* of London were to announce the engagement of White Lion pub landlord Andy Jarrett and Katy Spall, it would look something like this:

Forthcoming Marriages
MR A. JARRETT
AND MISS K. SPALL
The engagement is announced between
Andrew, son of Mr and Mrs Roger Jarrett of Melton, Suffolk, and
Katy, daughter of Mr and Mrs Donald Spall, of Woodbridge, Suffolk.

Unfortunately, the most we can afford is to have former *Times* journalist and Ufford resident Simon Pearson imagine what it would look like. As it is, the PUNCH of Ufford cordially invites its readers to welcome the engagement of Andy and Katy, which took place next to a Rhiwargor Waterfall, at Lake Vyrnwy, Oswestry, Wales.

Our pictures show the happy couple, and the boxed ring, which Andy presented to Katy on one knee during a holiday on Tuesday 2nd September.

The pair, who live together in Woodbridge, have yet to decide when they will be getting married.

The ring and the happy couple

WHITE LION PUB

Lower Street, Ufford

2025

Autumn at the White Lion

Bingo and Band Night - Saturday 11th October **SOLD OUT!**

Quiz Night - Tuesday 14th October 7pm meal, Quiz 8pm

German Beer Festival - Friday/Saturday 17th/18th October
From 6pm with Oompah music and German-themed food

Open Mic Night - Thursday 23rd October 7pm

Quiz Night - Tuesday 28th October 7pm meal, Quiz 8pm

Hallowe'en Pumpkin Carving - Friday 31st October 5:30pm
Great fun for all the family. Includes meal with food for the kids and grown-ups. Please book with Andy and look forward to having fun and winning some prizes.

All products used are sourced locally where possible, prepared and cooked in our kitchen.
Our team would be happy to help with any dietary requirements, so call up and options can be discussed on the phone.

White Lion Christmas Menu 2025

To start with

Chicken liver pate with a tomato and red onion preserve
Stuffed pastry tartlets filled with prawns and vegetables fried in lemon grass and conander with an oyster mushroom sauce
Warming lobster bisque with rustic crusty bread
Baked button mushrooms in a creamy garlic sauce with a crusty herb topping
Traditional crayfish cocktail

From the range

Roasted butternut squash and spinach risotto with parsnip crisps
Pan fried Sutton Hoo chicken breasted stuffed with savoury forcemeat, coated with Binham blue cheese sauce
Braised guinea fowl breast cooked in a rich burgundy sauce with lardons of bacon and button mushrooms
Lightly seared salmon fillet and butterflied king prawns with capers and lemon butter
Traditional roast turkey with stuffing, pigs in blankets, gravy and cranberry sauce
Pan fried sirloin steak cooked to your liking, served with large double fried chips, mushrooms and tomato with a green peppercorn or blue cheese sauce £5.85 extra

Puddings

Dark chocolate brownie with butterscotch sauce
French style cream of rice pudding with local fruit preserve
Sticky toffee pudding with vanilla ice cream
Chilled stewed pears in mulled wine
Traditional Christmas pudding with brandy sauce

Two Courses £25.95 per person Three Courses £31.95 per person.
Pre-orders only!
Menu available during December up to Lunch time Christmas Eve.
Groups of four people or more will be served a glass of Prosecco or mulled wine upon arrival.
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Friday - Saturday 11am to 10pm Meals 11am to 9pm, last seating 8:45pm
Sunday - 12noon to 9pm Meals 12noon to 6pm, last seating 5:45pm
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For additional information, book a table or an event contact Andy on 07538 600986 or 01394 460770 info@uffordwhitelion.co.uk
stephen_thurlow@hotmail.com Please reserve a table to avoid disappointment Tel 01394 460770
Please check our website for details of our events: www.uffordwhitelion.co.uk

Ufford Arts Festival – Update

A brief note to thank everyone who responded to our survey on the future of the Ufford Arts Festival. There was an overwhelming vote in favour of another festival, and 23 people put their names forward as potential volunteers (including someone who volunteered her husband!).

There were also some great ideas for events, such as utilising the Sogenhoe Chapel and exploring large-scale opportunities for children to paint. There were also lots of votes for theatre, concerts, art & craft exhibitions with the opportunity to 'have-a-go', and cultural events for children.

As a Festival Team, we are due to have our AGM shortly and will take on board the feedback.

We want to make sure that the festival thrives for the future, and we hope to remain true to our guiding principles of festival events being free to attend and open to everyone within the village, albeit with some paid-for events as fund-raisers for the festival.

Back later with more news!
Jane Cochrane, Tig Thomas, and Nick Crocker
The Ufford Arts Festival Team

Moyse Groundworks & Surfacing

Patio & Paths
Asphalt
Fencing
Brickwork
Block paving

Foundations & Drainage
Driveway Surfacing
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NATURE NOTES by Laurence Potter

potter437@btinternet.com

Autumn Beckons

This is a great time to make use of windfall apples to feed blackbirds and the migratory thrushes soon to be with us. A great thing I do every year is to impale apples on bamboo canes which also allows you to place them somewhere you can watch from the house. Water supply is essential; a bird bath regularly topped up very much appreciated by all wildlife during such a dry time. When putting food or water out if possible try to put in an open area to give wildlife that extra chance of escaping lurking predators like cats hiding in nearby shrubs or hedgerows.

Grey Wagtail in Ufford. Photo by John Richardson

Hedgerows have now become nature's larder for all to benefit from nectar and fruits for insects, birds and mammals. Something we also appreciate is blackberries and apples for pies and crumbles and such like, not to forget sloes for that Christmas sloe gin.

I have two appeals for residents of Ufford and readers of the magazine:

- I know several Ufford residents who have barn owl boxes. If your box hasn't yet been checked please let me know; I would be happy to visit and check it. I have a licence to do this, as they are a Schedule 1 species and this information would be great for the breeding status for the year. This year has been the worst breeding season for many years, sadly.
- The second appeal is for anyone who may have gardens close to water. These could provide breeding for grey wagtails, the bird in photo in this Nature Notes. I have a few boxes provided by Suffolk Bird Group free to anyone with a suitable site. I am happy to visit and install a box if it proves suitable for the species.

It would be great if anyone fitting either or both of the above appeals could please contact me by email potter437@btinternet.com or phone 07860 549366 (Laurence).

Interesting Fact

Reindeers' eyeballs turn blue during the winter to help them see at lower light levels. They are golden colour in the summer. No other mammals are known to have this ability.

A personal thanks to Chris for taking on the Nature Notes from me. I'm happy to fill in when Chris is unable to.

Oh I Do Like to Be Beside the Seaside: Ufford at the Aldeburgh Yacht Regatta

The salty sea dogs of Ufford decamped *en masse* to Aldeburgh in late August to take part in the world-famous regatta. Our yachting correspondent Nick Morrell offered to 'splice the mainbrace' for PUNCH readers.

Jonathan Dyke's *Starshell* flying spinnaker

Ufford has a strong maritime tradition, including boat builders, sailmakers and adventurers amongst our community. Many of us like spending time on or near the water whether it be walking the banks of the Deben, pootling in a creek or bashing around at sea.

There are also those who like to race around courses in dinghies and small boats as a way of getting away from gardening. One such tradition is the annual Regatta run by the Aldeburgh Yacht Club (AYC), which consists of five days of racing in the River Alde in August.

This year, strong winds and tides made conditions challenging for most of the week, and then there were all the moored boats to avoid hitting. At times it's more of an obstacle course than a race.

The classes of boats racing ranges from single handed Lasers to the elegant Dragons with their crews of three or four. One of the Dragons was raced by Rick Gillingham of Lower Street. I have a wooden keelboat called a Loch Long, sometimes referred to rudely as a Dragon for geriatrics. It's bright orange so you can't miss it and warns others to keep out of my way because I don't really know what I'm doing. I've had *Calypso* for two years and still have much to learn. At the end of the week I had not broken anything and together with my trusty Ufford crew, George Yardy, we managed a respectable 5th place out of 12 in our class.

John Adcroft relaxing after racing

A highlight of the week was the afternoon races for the Stella yachts, beautiful wooden cruiser racers from the 1950s and 60s. This class was won by our very own Jonathan Dyke in *Starshell*. Jonathan restores these boats at Suffolk Yacht Harbour. His wife Scilla cheered him on from the clubhouse.

Clare Morrell and Scilla Dyke at the AYC

Local resident John Adcroft came 3rd in the K6 fleet - fast tippy performance keelboats that fly dangerous things called spinnakers. Charlie and Jess Warburg, of Loudham Lane, raced their Flying 15 – they finished 9th overall, and John Parker, of East Lane and Stephen Clark finished 2nd overall in the Loch Long main fleet for the fifth consecutive year, out of more than twenty competitors.

Well done to all who raced, or cheered on the fleets with a G&T in hand. It was a fabulous week topped off with the black-tie Regatta Ball with Elton John tribute performance. If any of this madness appeals to you, take a look at the AYC website www.aldeburghyc.org.uk.

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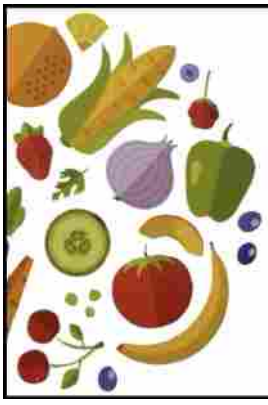
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UFFORD DIARY DATES FOR OCTOBER

EVENTS

5th October (Sun)	Harvest Festival and Lunch- Ufford Church 10.00am	
11th October (Sat)	Bingo and Band for MND at the White Lion - Doors open 6.30pm	
13th October (Mon)	Friends of Parklands Wood - Working Party 9.00am	UCH
14th October (Tue)	White Lion Quiz Night - Food from 7.00pm, Quiz at 8.00pm	
17th/18th Oct (Fri/Sat)	White Lion German Beer Festival 6.00pm	
21st October (Tue)	Ufford Parish Council - Meeting 7.00pm	UCH
22nd October (Wed)	Ufford Gardening Club Talk - Plants for Hot Dry Conditions at 7.30pm	UCH
23rd October (Thu)	White Lion Open Mic Night 7.00pm	
25th October (Sat)	Scary Suffolk Stories by CB Jackson 7.00pm	SMPH
27th October (Mon)	Friends of Parklands Wood - Working Party 9.00am	UCH
28th October (Tue)	White Lion Quiz Night - Food from 7.00pm, Quiz at 8.00pm	
31st October (Fri)	Pumpkin Carving at the White Lion 5.30pm	

CLASSES AND CLUBS

Tai Chi Classes	Mondays at 2.15pm	UCH
Tennis Club	Mondays and Fridays from 5.00pm	UCH
Carpet Bowls	Tuesdays at 2.00pm	UCH
Crocodile Rock	Tuesdays 9.45am - 10.45am and 11.15am - 12.00 noon	UCH
Ufford Bell Ringers	Tuesdays 7.30pm - 9.00pm	
Happy Babies	Thursdays 9.30am -10.30am and 11.00am - 12.00 noon	UCH

BRIDGE CLUBS

Ufford Friendly Bridge Club
Mondays 6.30pm **UCH**

U2 Bridge Club
Wednesday 8th and 22nd October - 1.45pm **UCH**

WHERE?

SMPH **St Mary's Parish Hall**

UCH **Ufford Community Hall**

The PUNCH Directory

Schedule of events and classes are on the diary dates above

Boules (by tennis court - UCH)
Di Fulcher 01394 460551

Bridge Classes
Mike Fisher
www.mikefisherbridge.com

Carpet Bowls
Di Fulcher 01394 460551

Community Hall
bookings.uch@gmail.com

Crocodile Rock
crocodilerock.music@gmail.com

Cycle Club
Stephen Thurlow 01394 460770

Deben Probus Club
John Hickling 01728 746322
johnhickling@uwclub.net

Footpath Warden
Megan Smith
megan.w.smith@btinternet.com

Friends of Parklands Wood
Rilla Forge
r.forge.upc@gmail.com

Happy Babies
hello@happy-babies.co.uk

Helping Ufford Group (HUG)
Hotline: 07595 970139
helpinguffordgroup@gmail.com

Parish Council & website
Clerk: Judi Hallett
01394 411405 / 07739 411927
www.ufford-suffolk-pc.gov.uk

Parish Church Committee
Karen Eyres 01394 460455
k.eyres@btopenworld.com

Patrick Spencer MP
Central Suffolk and North Ipswich
patrick.spencer.mp@parliament.uk
01728 726612

PUNCHLine
Tig Thomas 07710 882559
PUNCHline@uffordpunch.org.uk

St Mary's Parish Hall
Karen Eyres 01394 460455
k.eyres@btopenworld.com

Tennis Club
Chris Cage 01394 461082

U2 Bridge Club
Adrian Smith 01394 461179

Ufford Art History Group
Jenny Searle 01394 460317

Ufford Basketball Club
Daniel Metz
uffordbasketball@gmail.com

Ufford Bell Ringers
Kate Eagle 07765 252515
kate.eagle1@gmail.com

Ufford Friendly Bridge Club
Lyn Taylor 01394 460253

Ufford Gardening Club
Sheila Creswick 01394 547658
sheila@creswick.uk
www.uffordgardeningclub.org.uk

Ufford Players Theatre
Jackie Wilks 07512 431796

Ufford Tai-Chi
Ray Norris 01394 383076
www.suffolktaichiacademy.uk

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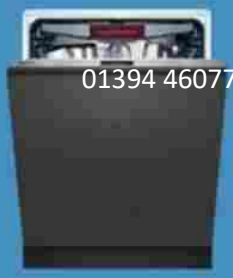

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October in the Garden

Our Advisor this month is the well-known local expert Susannah Sharman from Garden Art / School of Gardening Swann's Nursery in Eyke www.gardenartdesign.co.uk

Reflections on a Glorious Summer

It has been a tough summer on some plants this year; not so much because of the lack of water but because of the heat, with some plants getting heat stroke, especially during prolonged periods. Temperatures of 29°C plus over three days or more is classified as a heatwave. Our temperate climate means we have a huge selection of plants from all round the world to choose from, but some don't like it that hot!

Crocosmia not enjoying the heat

Here are some: hydrangeas, Japanese maples, fuchsia, some roses, ferns, crocosmia, birch trees and some native trees and shrubs.

Prolonged exposure to heat above 29°C can start wilting (even though the plant has water), die back and even death. Leaf drop is a stress response when the plant is minimising the level of water loss through transpiration. It's common in trees and can be accompanied by autumn colouring. It may look similar to dryness but other signs are flower and bud drop, stunted growth and more pest and disease due to the plants being weakened.

Plants' natural response to heat is to store water and slow down losing it. So leaves that are thick and textured such as hairy, ridged or glossy and a shape that might be narrow or jagged with a small surface area and coloured silvery or light green, all these are designed to conserve water during challenging conditions.

Plants can sweat: the pores (stomata) enlarge to allow cooling down during the day and close up at night. Some plants droop their leaves, so less surface area is in the sun (sometimes mistaken for lack of water, so be careful not to over water).

Maybe the plants for containers to come!

There isn't much you can do about the weather and the heat but there are things you can do to help your garden during a heatwave. Plant trees for shade or allow shrubs to get tall, creating shade so plants are in full sun less time. Choose the right plants for the very hot parts of the garden and use a gazebo or parasols to shade susceptible plants. Don't increase temperatures by using too many hard materials such as patio slabs, tarmac and cement. Use light colours for walls and fences, not black, which absorbs heat and radiates it back raising the temperature even more. Also, help plants to conserve water by using ornamental bark or stones to create a 'crust' on the soil to stop the sun drawing the moisture up; it makes a big difference.

Now let's see what winter throws at us!

Suffolk Churches Ride and Stride

Jamie from Martlesham on his own

Almost every kind of weather imaginable seemed to be visited on Ufford on 13th September this year. Thankfully though, there were 24 doughty cyclists who dodged the storm clouds to visit St Mary of the Assumption, Ufford during Suffolk Historic Churches Trust's sponsored 'Ride and Stride' event.

This annual event aims to raise money, which is then given in the form of grants to churches in the county for the maintenance of our historic ecclesiastical buildings.

This year, over 600 churches took part in the event from All Saints in Acton to St. Peter's in Yoxford, with each church visited by a sponsored rider or walker increasing the money raised. Since 1973 the Trust has raised more than £5 million and given grants to over 700 churches. Our church in Ufford has benefited in the past from a grant which was used to repair and preserve the bell tower, and hopes to receive a grant from the Trust to assist in the continued preservation of our ancient font cover.

Jamie from Martlesham set off on the sponsored cycle ride with his Dad but mislaid him on the way to Ufford. We hope they caught up with each other and finished the journey together!

Helen Paxton

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Rector of Melton & Ufford: Rev. Paul Hambling
Church Office: St. Andrew's Church, Station Road, Melton, Woodbridge IP12 1PX T: 01394 387491
Church Wardens of Ufford: Karen Eyres T: 01394 460455
David Perfect T: 01394 460363

Reflecting on ten years!

On 22nd September 2015, I stood before Bishop Martin, and the wonderful people of our Benefice, as I was inducted as Rector of Melton and Ufford. As part of that service I answered a number of questions as did all those present, with the response: 'With the help of God, I will'!

Ten years on I say; 'With the help of God, I do'! Or at least I try my best!

It has been the most fantastic ten years with its ups and downs, joys and sorrows but the life and witness of God's mission in our benefice can only happen by God's good grace and with all of you!

Over the past ten years we have made stronger and growing connections with the local community. Most of our connections are simply just being a presence in the community, out walking the dog, meeting people and by just simply being 'me'!

We are aware that we don't always get it right but we strive to offer places of welcome and hospitality for all!

With all that goes on in the world to distort love and peace, I have a belief that God is a God of selfless, unconditional and prefect love, and that we see that love in Jesus Christ.

At my induction service ten years ago, I chose the reading from John's Gospel which speaks of Jesus as 'the true vine' and we as 'the branches'. Then Jesus tells us how to live in love with him through God the Father and commands us to love one another!

It isn't always easy to love one another; that's a human response! What we can do is strive to show love to all people wherever possible and, if we really struggle, we must keep hold of the knowledge of God's love for all no matter what!

It is a true privilege to be your Rector and Parish Priest and I thank God for every one of you. Let's continue to be the wonderful communities that we are, no matter what our faith is. Let's continue to be amazing examples of love and welcome to all!

With every blessing. Fr. Paul

Worship at Ufford & Melton

Everyone is welcome at all Services

OCTOBER

Sun 5th Trinity 16

08.00 am Holy Communion BCP-Melton
10.00 am Parish Eucharist - Ufford Harvest Festival and Lunch
10.00 am Morning Worship - Melton

Sun 12th Trinity 17

08.00 am Holy Communion BCP- Ufford
10.00 am Eucharist at Melton Harvest Festival and Lunch

Sun 19th Trinity 18

08.00 am Holy Communion BCP-Melton
10.00am Parish Eucharist - Ufford
10.00am Morning Worship - Melton

Sun 26th Trinity 19

08.00 am Holy Communion BCP- Ufford
10.00 am Eucharist at Melton All Saints

LIVE CHURCH CALENDAR
www.uffordchurch.org

Food Bank donations welcome to the 'Little Pantry 'at St Andrew's Church, Melton with a collection Box in Ufford Church porch.

Thank you. **Jenny Searle**

HARVEST LUNCH

Come and join us for Harvest lunch on 5th October. Sign up in the church so that we know numbers. All are welcome!

Online prayer resources:

https://pray-as-you-go.org/home/
https://www.churchofengland.org/prayer-and-worship/join-us-service-daily-prayer

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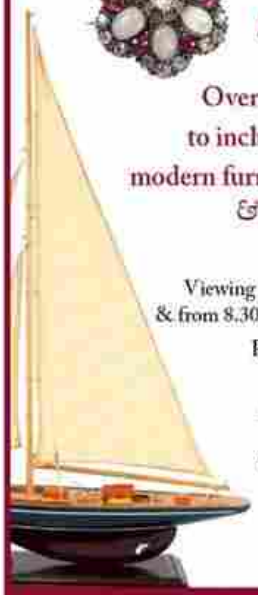

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